

SUMMER FIT



INShape
INDIANA
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SummerFit – Just the Beginning!



Congratulations on your successful completion of INShape Indiana SummerFit. Over the past 8 weeks, you have been reminded of the many ways in which you can enjoy a healthy lifestyle through small changes in your daily routine. Increasing your fruit and vegetable consumption, adding physical activity, and quitting smoking are keys to an overall healthy lifestyle. If you have fallen a bit short of your goal, keep making positive changes, and success will come. Please continue to share your success stories and feedback with us. Thanks for taking part in SummerFit!

Healthy Eating at Indiana's Fairs and Festivals

Think it's impossible to make healthy choices at Indiana's fairs and festivals this summer? Think again. The key to success is planning and moderation. While these summer events are well known for their deep fried fare, there are healthier choices to be found.

- Seek out low calorie beverages such as water or diet soft drinks.
- Go for grilled, not fried.
- Eat Indiana home grown fruits and veggies.
- Share your treat with a friend for smaller portions.
- Walk it off and skip the shuttle service.
- Limit high fat condiments.
- Don't arrive hungry.

